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# FAMILY DAY AT FORT CALGARY

Six-year-old Emma Gaudette, left, tries a stick of maple syrup candy at Fort Calgary's Family Day Winter Carnival on Monday morning with her mom, Lorena Camargo, and her little brother, Sam. JENNIFER FRIESEN/FOR METRO

# Kid vaccine rates unlikely to hit long-term targets

**Health.** Five-year action plan called for nearly all children to have their shots

Barring a massive rush to the clinic, it appears Alberta Health will continue to miss years-old targets for childhood vaccinations against dangerous diseases set out in a five-year action plan.

"No one is doubting parents' motivations to keep their kids safe, but as the chief medical officer of health of the province, I want parents to know that getting vaccinated is way safer than getting a disease," said Dr. James Talbot.

Earlier this month, a major measles outbreak at Disneyland prompted health officials to send schoolchildren home with a letter stressing the importance of getting kids their shots.

Vaccination rates were among the areas targeted for improvement in a five-year action plan titled Becoming the Best that was released in 2010 and is to due to expire in March.

Unlike surgery wait-time targets set out in the plans — which will also likely be missed in every category — officials actually hoped to hit their immunization marks much earlier, in the 2011-12 operational

But even now, three years later, it's unlikely the 98-percent coverage sought for the MMR (measles, mumps, rubella) shot will be reached. In 2013, 85 per cent of children were immunized by the age of two.

The gap in immunization rates is more substantial when it comes to the DTaP (Diphtheria, tetanus and Pertussis) vaccine, as just 74 per cent of children were immunized in 2013, well short of the 97-per-cent target set out. There's no indication of a consistent improvement either, as the highest rates for both vaccines was seen in 2009 (87 per cent for measles and 77 per cent for DTaP.)

JEREMY NOLAIS/METRO

The battle against measles misinformation rages on. See story, page 6.





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# Calgary artist turning heads by changing faces

# **Lianne Moseley.**

Local woman's makeup technique transforms real people into 2D comic-book characters



ROBSON **FLETCHER** 

Some artists manage to add the illusion of depth to a canvas, but Lianne Moseley does the opposite with her face-painting technique, giving real-life people the uncanny appearance of twodimensional comic-book characters.

The Calgary makeup artist's work has been turning heads online and will be featured in next month's Where Calgary magazine.

It's just the beginning of what Moseley hopes will be a more creative side of her career, which for the past seven years has focused mainly on the retail side and freelance work for weddings, graduations and other events.

"It's really cool to have so many people like something that I enjoy doing so much, she said of the feedback she's received since her brother took it upon himself to post some examples of her work on social media.

Those examples initially featured Moseley painting her own face. She turned herself into characters such as the comic-book superhero Green Arrow; or Captain Planet from the 1990s



environmentalism-themed kids show; or Sterling Archer from the spy-themed cartoon series for adults.

Moseley said she did the Archer makeup on a whim one night at about 2:30 a.m. when she couldn't sleep. She said the whole process took about two and a half hours.

"I didn't sleep the first night I painted myself as Archer because I was too busy looking at myself in the mirror," she said. "I was really happy with the way it worked and I wasn't quite ready to wash it off."

After her Captain Planet makeup made the rounds online, Moseley said she got a message from one of the co-producers of the original show.

"She messaged me and said she wants some of the pictures," Moseley said. "It's

And while she has no formal plans yet, Moseley

said she definitely plans to attend the 10th annual Calgary Comic and Entertainment Expo in April and hopes to share some of her work with fans in attendance.

For more of Moseley's work, visit facebook.com/ LMMakeupArtist.



she painted her own face to look like Archer from the animated seri

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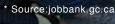
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# Police lay first-degree murder charge in woman's death

**Crime.** Dawns Echoes Baptiste's body was found in a yard on Whitworth Road N.E.

Public tips helped lead to the location, arrest and first-degree murder charge of a man in connection with the death of 31-year-old Dawns Echoes Baptiste, Calgary police say.

Baptiste's body was discov-

ered in a yard in the 0 to 100 block of Whitworth Road N.E. on Thursday. According to police, she was found 36 hours after she died.

Police released a photo on Saturday of a man Baptiste had allegedly been travelling with, issuing a plea for information. That same evening, officers arested Curtis Jade Tyson Healy after he was identified in southwest Calgary.

Police say Healy, 25, and Baptiste met on Feb. 10 and spent the evening travelling to various areas of the city via the C-Train.

Just before midnight, the two got off the train at the Whitehorn station and walked into the community. It's alleged that an altercation ensued and Baptiste was dragged into a nearby yard where she was sexually assaulted. She later died from her injuries.

"It was a very violent scene," said Staff Sgt. Colin Chisholm with the Calgary Police Service's homicide unit. "We're hoping that she didn't suffer for a long period of time."

Chisholm said it was "surprising" that it took so long for Baptiste's body to be discovered but added that it was likely due to cold temperatures during the two days, keeping passersby and the homeowner from noticing the scene.

Healy was charged with first-degree murder late Sunday and will appear in court Feb. 17.



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# CBE stands behind lottery policy but says additional draws are not needed this year



Despite criticism from parents and a former representative, Calgary's public school board is sticking to its lottery policy but says lower-than-expected enrolment may allow more students to attend classes closer to home.

Initially, it was believed the Calgary Board of Education (CBE) could host up to 42 lotteries to determine enrolment in schools where there weren't enough spaces to accommodate all registered students.

But Darlene Unruh, the organization's director of planning and transportation, said only the same 29 schools — 13 hosting regular programs and 16 hosting alternative programs — that held lotteries ahead of the current school year will be required to do so again.

This comes as the CBE says it's reducing its originally antici-

Dates

Unruh said the lotteries for regular programs were held last Wednesday and those for alternative programs would be conducted March 1.

pated student growth of more than 4,000 for 2015-16 by about a third.

Even still, the lotteries have become a hot-button issue for

parents, with many questioning whether there were better ways to accommodate surging student populations.

Adding fuel to the fire was former CBE trustee Carol Bazinet, who said she wasn't aware of other school boards conducting lotteries and hinted that such endeavours may be political. But Unruh said in an email last week that the lotteries remained the "best method" for enrolling kids in packed schools.

# Kananaskis. Mounties identify backcountry avalanche victim

Kananaskis RCMP have identified the man killed in an avalanche in Peter Lougheed Provincial Park on Saturday as 34-year-old Canmore resident Benjamin John Thack-

Thackeray was an avid skier who worked hill patrol at Nakiska Ski Resort and operated a rafting tour company in the summer, RCMP said.

He was skiing in the

Mount Black Prince area of Peter Lougheed Park of Kananaskis Country when an avalanche occurred.

Thackeray died of injuries sustained in the slide.

In a release, police said he and the other four people in his group "were very experienced in backcountry skiing and were well equipped to mitigate avalanche risk."

METDO

metronews.ca Tuesday, February 17, 2015 metr⊕ **CALGARY** 

# Ski resort closes amid warm weather

Family Day was the last day for skiing at Castle Mountain Resort this season, unless there's a massive turnaround in the weirdly warm winter weather.

"The resort staff have all been working hard, moving lots of snow to rebuild the lower mountain," Brad Brush, general manager of the resort in southwestern Alberta, said in a release.

"Unfortunately the weather has been against us, delivering warm, wet conditions that have eroded our snow base."

The resort temporarily closed last week due to a lack of snow, and the weather hasn't co-operated since. In total, Castle Mountain typically receives 910 centimetres of snow in a season. To date, it has seen just 264 centimetres.

"We will make every effort to re-open if conditions permit," the resort stated.

Meanwhile, Parks Canada

and Kananaskis Public Safety Section have extended their avalanche warning due to what they describe as bizarre weather conditions leading to a "complex snowpack" that is particularly prone to large slides.

The warning is in effect through Feb. 17 and includes Banff, Yoho, Kootenay and Jasper national parks, as well as Kananaskis Country. It comes after what Parks Canada describes as nearly a week of above-zero temperatures in the mountains, even at "abnormally" high altitudes where snow and ice don't typically melt at this time of year.

"There have been numerous, unusually large natural and explosive triggered avalanches occurring, which have led avalanche forecasters to have a low confidence in this year's snowpack," Parks Canada says in the warning.

ROBSON FLETCHER/METRO



# **Ending scare** on vaccines 'complicated'

Measles. Decreasing immunization numbers appear linked to 'misinformation' about safety, says Alberta's chief medical officer

Anti-vaccine sentiment is likely to blame for Alberta missing targets for childhood immunization against dangerous diseases, particularly measles, says the province's chief medical officer of health.

New evidence of such beliefs came to light in a new survey published this month by Mainstreet Technologies.

It asked thousands of Alberta, Saskatchewan and Ontario residents about the measles vaccine, and almost 20 per cent said they agreed with a statement that it could cause autism. Another 20 per cent said they neither agreed or disagreed with the state-

Dr. Monika Naus, medical director for immunization programs and vaccinepreventable diseases at the British Columbia Centre for Disease Control, said the last few weeks have been the most intense with respect to media interest in the non-vaccination issue.

"Usually, we've had outbreaks before," she said. "It's really different this time around, and I think it's a good spin. It's a discussion that

needs to take place."
Dr. James Talbot, Alberta's chief medical officer of health, "misinformation about the safety of vaccines" appears linked to decreasing immunization rates, where "fantastic numbers" were once seen.

"It is a complicated problem.... There is no shortage of good information about the safety of vaccines," he said in an email. "There are some studies that show that the most adamant critics of vaccination actually entrench their opinions when they are confronted with information."

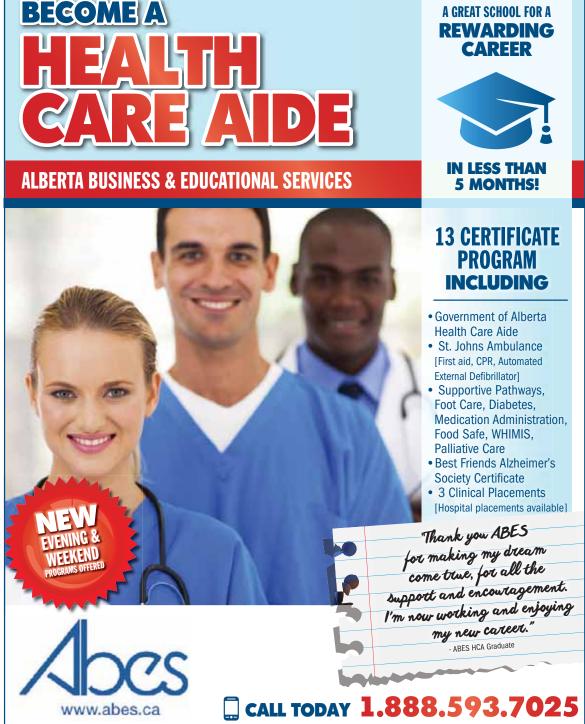
Talbot said there's always room for improvement - unless vaccination rates hit 100 per cent, of course.

"Yes, we may not be hitting all of our targets; they are ambitious and they are set to give us something to work toward," he said, later adding that "as long as we are seeing numbers in the 85 per cent range for childhood vaccination, most outbreaks can be contained well, except in communities that do not immunize."

Naus said Alberta's neighbours to the west also have very high targets for vaccinations.

"I think they're probably overly ambitious, knowing that we've been bumping along at probably 90 per cent vaccination at both the twoyear milestone and age seven," she said.

JEREMY NOLAIS AND LEAH HOLOIDAY/METRO



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# **Building new LRT bridge bad idea: Critics**

# **Prince's Island Park.**

City considering longterm plans for eventual new C-Train route

Two of four options being considered for the eventual northcentral line of the LRT involve building a new bridge over the eastern end of Prince's Island Park — plans that didn't exactly get the thumbs-up from Calgarians visiting the park Monday.

"That would be ugly," said Cheryl Braunwarth, who was out for a stroll on Family Day from Eau Claire to the green space situated in the middle of the Bow River.

When presented with the proposed routes for the new LRT line, Braunwarth said she wasn't a fan of options "B"

or "C," each of which involve building a new span over the

Option "A" (the least expensive, slowest choice) involves running the LRT on the existing Centre Street bridge, while option "D" (the most expensive, fastest route) involves tunneling beneath the river and all of downtown before emerging at 10 Avenue South.

"It's probably better to avoid

Prince's Island Park, if possible, just because there's not that much space left like this in the city, especially the inner city,' Alex Groberman said. "I think the best plan is probably the one that's least expensive in this case, which is just tacking it on to Centre Street."

City councillors will weigh all the options at a committee meeting Wednesday.

ROBSON FLETCHER/METRO



# Fundraiser. Players break record for longest hockey game at 10 days

Ten days after the first puck dropped, players in the world's longest hockey game faced off Monday afternoon for the final hours of play before setting a new record.

The players, who started playing Feb. 6 to raise money for the Alberta Cancer Foundation, completed 250 hours of continuous play.

Bobbi Wolbeck of the Alberta Cancer Foundation said the entire 10-day game was really incredible.

"Ĥockey is Canada and especially, being at an outdoor rink in Alberta, it's just something so special to see an entire community rally behind these players, this game and ultimately the Cross Cancer Institute and our patients," she said.

With the last record set in

2011 for 246 hours of play, the latest run for the record had raised \$800,000 as of Monday morning to help the foundation purchase a PET-MR scanner.

First-time player Jason Chartier said he was inspired to suit up and play by his coworker.

"A co-worker of mine participated in the previous four games," Chartier said. "He got involved because he had cancer at 19, so it's an event that is really near and dear to

Surprisingly, Chartier said the hardest part of the game was more mental than physical.

You'll be on and you'll only have four hours off, but it's a really quick four hours." LEAH HOLOIDAY/METRO IN EDMONTON



rs in the World's Longest Hockey Game play the final few hours of a



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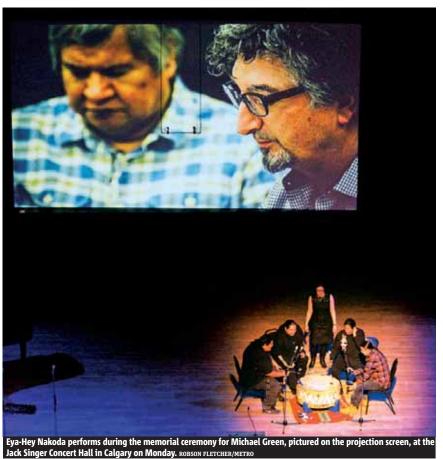
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metronews.ca
Tuesday, February 17, 2015



# Calgary celebrates life of an arts icon

**Memorial.** Music and memories shared



ROBSON FLETCHER robson.fletcher@metronews.ca

Michael Green's family and about 1,500 of his closest friends gathered at the Jack Singer Concert Hall Monday to say goodbye to the man many people credit with making Calgary's arts scene what it is today. "It's good to come together

"It's good to come together to come to grips with the unspeakable, to be in the presence of a surprising incident so unexpected, so unwelcome, so difficult to reconcile," said Blake Brooker, Green's "partner in art" and emcee of his memorial ceremony.

Green was a co-founder of Calgary's One Yellow Rabbit (OYR) Theatre and curator of its annual High Performance Rodeo, a multi-theatre arts festival. He died last Tuesday in a car Quote

"What do we do from here? How do we remember this man? .... I say that we cry a little and we laugh a little. I say that we live, we love, we create."

Mayor Naheed Nenshi on the loss of Calgary theatre icon Michael Green

crash in Saskatchewan.

His memorial service Monday was filled with music, poetry, and reflection.

Mark Bellamy, now the artistic producer at Calgary's Lunchbox Theatre, recalled the first time he met Green, when Green asked him to be a part of an avant-garde production titled Naked West.

Despite being nervous about joining up with "those weird freaky people" at OYR, Bellamy, just a young "musical theatre kid" at the time, accepted. Rehearsals terrified him, but Green took him under his wing and, once the performance went live, he loved it — as did the audience, even if no one was quite sure what it was about.

"I'm pretty sure I wouldn't be who I am or where I am or doing what I do if Michael Green hadn't done that one simple act." Bellamy said. "Michael Green looked at me and saw an artist. And no one ever had. He saw someone bold and smart and opinionated and fearless, so that's what I became, because he believed I could."

Numerous other artists have told similar stories about how their early careers were influenced by Green.

"He forged this community into what it is today," Bellamy said

"Our city wouldn't look like this. Our theatre community wouldn't look like this, if it wasn't for Michael."

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# **Paralyzed** womán faces deportation

# Foreign worker.

Woman hit by car can't go back to her old job

An Edmonton-area temporary foreign worker left paralyzed in a horrific accident now faces deportation because she can't return to work.

Maria Victoria Venancio, 29, came to Canada in 2011 to work at a McDonald's. She was hit by a car while cycling to work in 2012. The collision left her a quadriplegic, but she has since regained the use of her arms.

She said it would be extremely difficult to return

"The Philippines is not too accessible, and I don't want to remove what I have gained here, being independent," she said.

Her deportation status was confirmed at a hearing Monday, but she won't be shipped out unless she loses an appeal at a second hearing later this year. Venancio wants to stay in Canada and retrain for a new career.

"I am hoping and praying they can still give me an opportunity to stay here," she said.

She said that not knowing if she will be able to stay has been extremely stressful.

"Since the day I received the papers, I have been worried about it. I couldn't sleep," she

She said her family misses her, but they know Canada is a better place for her now. She said that if she can stay she plans to continue sending money back home.

Venancio's lawyer Chris Bataluk said Monday they expected to have the deportation order confirmed but hope an appeal will allow her to stay on compassionate grounds.

He said her first prognosis was much worse, but through hard work she has been able to regain some independence and he would hate to see that lost.

"She's becoming more independent, and here in Canada, where we have things we take for granted like paved streets and DATS buses, she has an opportunity to progress," he

MLA Thomas Lukaszuk joined the group of supporters who came for the hearing and said it shows that the temporary foreign worker program has flaws that need to be addressed.

"It needs a massive revamp. It needs to account for circumstances like this one," he said. "The system is not actually accommodating that human dynamic." RYAN TUMILTY/METRO

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Traffic

# Highway crash claims three lives

Three people are dead and another person was left in critical condition following a collision south of Edmonton on Monday.

The crash took place on the QE2 highway around 10:40 a.m., when an SUV appeared to have rolled over south of the construction area for the new 41st

Avenue overpass.

When police arrived, they found three adults dead. Another woman was airlifted to an Edmonton hospital. In a press release, RCMP described the woman's condition as "very grave."

Investigators haven't ruled out any potential cause but believe the vehicle was travelling southbound when it struck the shoulder of the roadway and lost control, metro

Reality TV

# Dragons' Den auditioning in Calgary this week

Starting a business takes more than a little gusto and a good idea — it also requires a little cash. Luckily, Dragons' Den auditions are coming to Calgary on Feb. 19.

The reality show is gearing up for its 10th season, careering across the country in

February and March looking for budding entrepreneurs to pitch their ideas to a cast of business moguls who may offer to invest in the next big thing.

Producers will set up at Mount Royal University's Bissett School of Business from 10 a.m. to 5 p.m. on Thursday and will return on



METRO

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Comedian Rick Mercer, left, director Atom Egoyan, and author Michael Ondaatje and other notable Canadians have si an open letter released Monday, urging Prime Minister Stephen Harper to press the case of jailed Canadian-Egyptian

# Harper urged to intervene in Mohamed Fahmy's case

Open letter. 250 notable Canadians call on PM to 'personally and immediately' press Egyptian president

A number of prominent Canadians are calling on Prime Minister Stephen Harper to intervene "personally and immediately" in the case of a Canadian journalist on trial in Egypt.

In an open letter released

Monday, 250 people — including comedian Rick Mercer, filmmaker Atom Egoyan, and author Michael Ondaatje urged Harper to press his Egyptian counterpart Abdel Fattah el-Sissi on Mohamed Fahmy's

Fahmy was released on bail last Friday after spending more than a year in a Cairo prison, but he is set to return to court next week for the continuation of a retrial on terror-related charges his family has called ridiculous.

The letter to Harper calls

for the prime minister to ask that Fahmy be allowed to leave Egypt under a new law that allows foreigners convicted or accused of crimes to be deported.

"We the undersigned are writing to urge you to intervene personally and immediately in the case of Canadian journalist Mohamed Fahmy, who is currently facing retrial in Egypt after 411 days of incarceration, the letter to Harper said.

THE CANADIAN PRESS

Flip to Voices page 17 for Stephen Kimber's column on Mohamed Fahmy.





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13

# Part-time soldiers wait up to two years for severance

Nicholas Vanderplas, a former corporal and part-time member of the infantry, says he's used to shoddy paperwork in the army, but waiting nearly two years for \$4,500 in severance pay has exhausted his patience.

He is not alone.

As of last week, there was a backlog of 2,754 severance payment cases waiting to be processed. And those part-time soldiers who are on the list now, having just left the military, face longer waits than those just a few years ago.

According to the department, it takes up to 21 months in some cases to process reservist severance claims through a old, inefficient system the Department of National Defence had promised to fix.

"I am just so disgusted with everything that's been done there," said Vanderplas, 24, of London, Ont., who quit in May 2013 after dislocating his shoulder in a helicopter rappelling exercise, an injury that left him unable to do other training.

By comparison, members of the regular — or full-time — force waited 18 weeks for

### Quoted

"I've faced a plethora of the most horrible excuses that you can't take from any other employer."

Nicholas Vanderplas, a former corporal and part-time member of the infantry

severance.

Former military ombudsman Pierre Daigle investigated a series of complaints in the late summer and early fall of 2013 when reservists, unlike their full-time counterparts, were waiting between nine and 17 months to receive the stipulated payouts after shedding their uniforms.

But Maj. Cindy Tessier, spokeswoman for the personnel and legal branch of National Defence, said processing a part-timer's severance takes longer because each personnel file undergoes an audit to verify eligible service.

That said, the department understands the frustration of former reservists, Tessier indicated. THE CANADIAN PRESS



# Radio-Canada employees 'hate' Tory values: Harper

Prime Minister Stephen Harper says "a lot" of Radio-Canada employees "hate" conservative values.

Harper says those values that are loathed by many employees of CBC's French-language network are the same ones that he says are supported by a large number of Quebecers. Harper made the comments during a French-language interview with Quebec City radio station FM93, conducted last Friday and aired today.

Harper's comments about Radio-Canada came in response to a question about how he plans to convince Quebecers to vote for his party in the upcoming federal election. He says he doesn't believe that voters in Quebec are predominantly left-leaning.

Rather, he says, Quebecers approve of the measures taken by his government: lowering taxes, staying tough on crime and cracking down on the threat of terrorism.

THE CANADIAN PRESS

### **United Nations**

# Canada gets flak for shunning Palestinians

Canada has formally opposed Palestinian attempts to join 15 different United Nations treaties and conventions — a position that puts the federal government on the wrong side of history and at odds with its citizenry, the Palestinian envoy in Ottawa says.

Canada is objecting in writing to the UN because it maintains Palestine is not a legal state. The dispute has sparked the most scathing Palestinian criticism to date of the Harper government's support of Israel.

"It pains the Palestinians to know that Canada is trying to exclude us from our rightful place in the family of nations. It is awkward to see a great country like Canada relegated to the role of cheerleader for Israeli extremists at the UN," Said Hamad, the chief representative of the Palestinian delegation to Canada, said in an emailed response to questions. THE CANADIAN PRESS

### Sri Lankan migrants

# Human smuggling cases before SCC

The Supreme Court of Canada will hear arguments starting Monday in a series of cases that question Canada's human-smuggling laws. Four of the five cases involve people connected to the arrival of ships filled with Sri Lankan migrants. One of the cases involves four defendants who were charged with human smuggling on board a ship, which was carrying 76 Sri Lankan Tamils when it was intercepted. THE CANADIAN PRESS

### Health

# Measles linked to Christian gathering

A cluster of measles cases in Ontario has been linked to a Christian youth gathering in Toronto, health officials said Monday. The province is asking people who were at the Acquire the Fire gathering held at the Queensway Cathedral on Feb. 6 and 7 to check their immunization status. The Canadian Press



metronews.ca
Tuesday, February 17, 2015

# Danish sources name gunman in attack

**Copenhagen.** Slain 22-year-old with gang connections got out of jail two weeks ago

The slain gunman behind two deadly shooting attacks in Copenhagen was released from jail just two weeks ago and might have become radicalized there last summer, a source close to the Danish terror investigation told The Associated Press on Monday.

Two Danish sources close to the investigation confirmed to the Associated Press that the slain gunman was named Omar Abdel Hamid El-Hussein. They spoke on condition of anonymity because Copenhagen police have not named the gunman, who they said was a 22-year-old Dane with a history of violence and gang connections. Several Danish media have already named him.

One source told the AP that El-Hussein had been in pre-trial detention for a long time but was released two weeks ago. He also said the corrections authority had alerted Danish security service PET last year after they noticed worrisome

changes in El-Hussein's behaviour last summer.

He wouldn't give specifics but said such alerts are issued when inmates change their attitude or behaviour in way that "sets off alarm bells."

PET spokeswoman Lotte Holmstrup declined to comment on the report, saying "we are working on finding out what has happened."

PET director Jens Madsen on Sunday confirmed that the gunman was known to the agency before the weekend attacks in Copenhagen that killed two people and wounded five police officers. The ASSOCIATED PRESS



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Mali

# UN hopeful about peace talks

The United Nations' representative to Mali expressed hope for the latest round of peace talks as they began Monday between the warring factions in the country.

The talks, which first began in Algiers in September, are between Mali's government, separatist rebel groups based in the north and government-allied militias. They come as fighting has reignited between the rival groups, and in some cases involving UN peacekeepers.

"This meeting represents an historic chance for a lasting peace in Mali," said Mongi Hamdi, the head of the UN mission in Mali.

THE ASSOCIATED PRESS

# Human rights meeting

# North Korea warns of strong response to conference

North Korea says it will "strongly respond" to a conference in Washington on Tuesday about its widespread human rights abuses and says the United States ignored Pyongyang's offer to attend and defend itself.

North Korea's UN Ambassador Jang II Hun declined to explain to reporters Monday what a strong response would

"The U.S. ignored our request for participation because they are afraid of disclosure of their plot" that North Korea maintains is based on fabrications and lies, Jang said.

THE ASSOCIATED PRESS

# Libya. Egyptian warplanes strike ISIL targets

Egypt bombed ISIL militants in neighbouring Libya on Monday and called on the United States and Europe to join an international military intervention in the chaotic North African state after extremists beheaded a group of Egyptian Christians

The airstrikes bring Egypt overtly into Libya's turmoil, a reflection of Cairo's increasing alarm. Egypt now faces threats on two fronts — a growing stronghold of radicals on its western border and a militant insurgency of ISIL allies on its eastern flank in the Sinai Peninsula — as well as its own internal challenges.

ISIL weapons caches and training camps were targeted "to avenge the bloodshed and to seek retribution from the killers," a military statement said. "Let those far and near know that Egyptians have a shield to protect and safeguard the security of the country and a sword that cuts off terrorism."

The announcement on state radio represents Egypt's first public acknowledgement of military action in post-Moammar Gadhafi Libya, where there has been almost no government control.

Libya is where ISIL has built up its strongest presence outside Syria and Iraq. Egyptian President Abdel-Fattah el-Sissi is lobbying Europe and the United States for a co-ordinated international response similar to the coalition air campaign in those countries.

THE ASSOCIATED PRESS

# **Ukraine.** Fierce battle persists for rail hub

Intense artillery exchanges between Ukrainian government forces and Russian-backed separatists persisted Monday around a strategic town in eastern Ukraine — fighting that threatens to dash a ceasefire deal brokered by European leaders last week.

Under the cease-fire agreement negotiated by the leaders of Ukraine, Russia, Germany and France, the waring sides are to begin withdrawing heavy weapons from the front line Tuesday. That plan already looks at risk, with the rebels saying they are not satisfied that conditions are in place for the process to go ahead.

Associated Press reporters in Luhanske, a governmentheld town 15 kilometres northwest of the bitterly contested railway hub of Debaltseve, heard sustained shelling Monday. Some of the artillery appeared to be outgoing, suggesting it was being fired by Ukrainian troops.

Debaltseve, still in government hands, remains in contention despite the cease-fire. The rebels insist the town should revert to their control because they have encircled it.

A loaded Grad rocket launcher was seen pointing in the direction of Debaltseve, but it was not fired while Associated Press journalists were present.

Despite the cease-fire that went into effect early Sunday morning, five Ukrainian troops were killed and 25 were wounded in the past 24 hours, Ukrainian military spokesman Andriy Lysenko said Monday.

THE ASSOCIATED PRESS

metronews.ca
Tuesday, February 17, 2015

WORLD

15

# 'Diminished' accountability hurts the church's credibility: Cardinal

**Sex abuse.** Leading the charge against clerical misconduct, cardinal committed to greater transparency, zero tolerance

Pope Francis' point man on clerical sex abuse said Monday the failure of the Catholic Church to punish bishops who covered up for pedophiles had harmed its credibility and it must now lead the way by "humbly making the commitment to accountability, transparency and zero tolerance."

Cardinal Sean O'Malley, archbishop of Boston, said canon lawyers and theologians were reviewing proposals to present to the pope on holding bishops and religious superiors accountable. The proposals were developed by Francis' commission of experts, which O'Malley chairs and includes two survivors of abuse.

O'Malley said the sex abuse scandal had "seriously diminished" the church's credibility in its core spheres

### Quoted

# "We cannot fail to do all that is possible to restore our credibility."

Cardinal Sean O'Malley, on the importance of making the Catholic Church more accountable with respect to clerical sex abuse.

of defending human rights, the unborn and immigrants.

"This has been caused in large part by the perception of a lack of accountability on the part of our leadership, causing many people to lose their trust in us and in the church," he said. "We cannot fail to do all that is possible to restore our credibility."

Victims of abuse have long denounced the Vatican for failing to sanction any bishop who covered up for an abuser.

O'Malley spoke at a conference at the Jesuit Pontifical Gregorian University, which is leading the church's efforts to educate a new generation of priests about preventing abuse and helping survivors through a specialized centre for education and research.

Pope Francis publicly endorsed the initiative Monday.
THE ASSOCIATED PRESS



Cardinal Sean Patrick O'Malley, of Boston, attends a news conference at the Pontifical Gregorian University in Rome on Monday.

INDEXIDATE OF THE ASSOCIATED PRESS



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# School staff vaccinations not mandatory despite outbreak

Much of the attention in the measles outbreak has focused on student vaccination requirements, but less attention has been paid to another group in American classrooms: teachers and staff members, who in general are not required to be vaccinated.

In most states, there is no law dictating which vaccines teachers and school staff workers are required to get. Some states provide a list of recommended vaccines.

So when a measles case surfaced at a California school, it was easy for officials to review student records, but there were no immunization records on file for employees. That meant all 24 teachers and staff exposed to the employee with measles had to prove their immunity — records

that, for most, were decades old.

The issue is likely to be raised in response to the latest outbreak, which originated at Disneyland in December and has spread to a half-dozen states and Mexico. Most of those who fell ill were not vaccinated. As of Friday, public health officials said 114 people had contracted measles.

Legislators and parents across the U.S. note that most of those sickened in the current outbreak are adults, and that schools are one of the top places for the spread of communicable disease.

"I will be surprised if we don't see some changes in the next year to year and a half," said Kristen Amundson, executive director of the National Association of School Boards

of Education.

Already, some states are considering measles legislation. In Vermont, Democratic Rep. George Till says legislators will try this year to require that teachers be up to date on the same vaccines students must receive. A similar bill he introduced in 2012 was defeated amid strong opposition from anti-vaccine groups, and he expects another battle.

In Colorado, pro-vaccination groups have been pushing the Department of Human Services to require vaccinations for workers at child care facilities, another area with uneven employee immunization standards. Measles cases have been confirmed at day care facilities in Chicago and Santa Monica, California.

HE ASSOCIATED PRESS

# Nigeria

# Boko Haram issues threat to neighbour states

The Nigeria-based terror group Boko Haram on Monday threatened neighbouring countries Niger and Chad, warning the fighters were prepared to carry out suicide bombings in the countries sending troops to help fight the extremists.

The warning came as leaders from Niger and other countries in the region gathered in Cameroon's capital to finalize plans for a joint offensive against the militants.

On Monday, leaders in Central Africa said that 10 member states had agreed to contribute most of the \$100 million needed to combat Boko Haram.

THE ASSOCIATED PRESS

### France

# European leaders reject Israeli call

Despite desecrated Jewish graves in France and a deadly attack at a synagogue in Denmark, European leaders on Monday rejected calls from Israel's leader for a mass migration of the continent's Jews to Israel, urging unity instead.

Hundreds of Jewish tombstones were found vandalized in eastern France on Sunday, hours after a Danish Jew guarding a synagogue in Copenhagen was shot to death. Frenchmen have been accused of three deadly attacks on Jewish sites since 2012: one at a school in the southern city of Toulouse, another at a museum in Brussels and finally one at a kosher market in Paris last month. Twelve people died in total. THE ASSOCIATED PRESS

### North Carolina

# Man indicted on murder charges in Muslim shootings

A grand jury indicted a man Monday on three counts of murder in the shootings of three Muslims in what authorities have said was a dispute over parking spaces.

Television stations WRAL and WIVD reported a grand jury in Durham County presented the indictments Monday for 46-year-old Craig Hicks.

Hicks is scheduled to be in court on the murder charges March 4. He remains in jail without bond.

Family members of the victims said they were executed with shots to the back of the head. Police have not discussed specifics about the crime scene.

THE ASSOCIATED PRESS

metroews.ca
Tuesday, February 17, 2015

# Candy. Cadbury urged to sell fair-trade Easter eggs

World Vision says it wants Cadbury to hop to it — and bring an ethical Easter egg to Canada.

The international relief and development organization says that nearly 6,000 Canadians have signed its petition urging the chocolate maker to sell its fair-trade Easter treat here.

The group has used an email campaign among its supporters and social media to share a link to the petition and encourage them to sign.

Cadbury already sells a fair-trade Easter egg in Australia. In Canada, Cadbury Dairy Milk bars are currently

### Fair trade

Fair-trade-certified cocoa ensures producers are small family farms that do not use forced or child labour and receive a guaranteed price for their harvest.

 About 2 million children around the world, largely in West Africa, work in dangerous conditions farming cocoa, according to World Vision.

fair-trade certified, spokesperson Stephanie Minna Cass said. Torstar News Service

# Airlines

# Checked baggage fees boost profits

Checked baggage fees are paying off for Canada's two major airlines. The charges are part of ancillary fees — which also include passenger fees for preferred seating, in-flight meals, and

premium economy privileges — that airlines have tapped to boost profits.

Air Canada's ancillary revenues per passenger grew 18 per cent in the fourth quarter from a year ago. WestJet Airlines boosted its forecasted take from the fees by 11 per cent to \$100 million.

THE CANADIAN PRESS

# Uber, Airbnb highlight need for regulation, report says



Washington, D.C. taxi drivers protest on Pennsylvania Avenue in June last year, bringing street traffic to a stop as they demand an end to ride-sharing services such as Uber X and Lyft, PAUL BICHARDS/APP/GETTY IMAGES

# Sharing economy.

As companies move into new territory, governments must react quickly, warns the Mowat Centre

Companies such as Airbnb, Uber and TaskRabbit, which epitomize what's known as the sharing economy, are not going away, so governments must figure out ways to regulate them, a new report says. And that must happen quickly, before such firms become entrenched in their ways.

That's the message from the Mowat Centre, a thinktank at the University of Toronto. Mowat urges policymakers to recognize that they must step up to protect the public interest, while also ensuring that they don't destroy innovation.

"You have a Wild West

situation where people are engaging in transactions and the details haven't been thought out," said Mowat Centre policy director Sunil Johal, who co-authored the report, Policymaking for the Sharing Economy: Beyond Whack-A-Mole, with colleague Noah Zon.

Making cash by renting an apartment or doing an odd job has happened for ages. The difference today is that such activities are "at a scale that blurs the boundaries of the personal and the commercial and threatens to disrupt existing markets and regulatory models," the report says.

Johal concedes that no jurisdiction has come up with a simple solution to deal with these so-called disruptive companies that offer peer-to-peer service, such as a linking homeowner to a house cleaner, or a tourist to a room, or an artisan selling a handmade item to buyers.

TORSTAR NEWS SERVICE

# CP Rail strike ends as both sides agree to resume talks

A day-old strike at Canadian Pacific Railway screeched to an unexpected halt Monday with the company and its union agreeing to binding arbitration just hours before employees were to be legislated back to work.

Labour Minister Kellie Leitch was on the verge of introducing a bill to end the dispute when she suddenly emerged from the House of Commons to reveal the two sides had beaten her to it.

"The strike is over," Leitch declared. "I'm incredibly

### . .

"A mediator will be named.... Details to come."

Teamsters Canada union announcing on Twitter that the CP strike had ended.

happy that both sides put the interests of Canadians and the Canadian economy first."

The minister said she welcomed the sudden willingness by the railway and the union to resume talks through a mediator — a de-

velopment that had seemed impossible just hours earlier.

Asked whether the threat of a back-to-work bill had negated the rights of workers to strike, Leitch played down its impact, noting that employees already had the opportunity to strike.

"We have not tabled this legislation," she said. "We have allowed the parties to meet, to talk and to come to what they think will be the best agreement."

Earlier Monday, as the House of Commons debated the merits of the back-towork bill, Leitch said the strike could have cost the Canadian economy more than \$200 million in lost GDP every week.

She acknowledged there were still numerous issues on the table, but said the goal was to get service back to 100 per cent by Tuesday morning.

The strike by 3,300 locomotive engineers and other CP train workers began Sunday. Effects of the stoppage were felt Monday as the

strike disrupted service on several Montreal-area commuter train routes, services used by an estimated 19,000 people every day.

The Teamsters said the dispute resolution process will address issues at the heart of the conflict, including its concerns about worker fatigue. Train service, the Teamsters added, would resume Tuesday, but only after it had ensured workers were well rested.

The union chose the arbitration and mediation pro-

cess to avoid being forced back to work by the government, its president said Monday.

"Our preference is to negotiate these improvements through collective bargaining, and the worst thing that could happen is a legislated process," Teamsters president Douglas Finnson said in a statement.

"These issues are far too important to our members to have a legislated process decide the issue."

THE CANADIAN PRESS



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metronews.ca Tuesday, February 17, 2015

# **VOICES**

# NOT JUST A PEDESTRIAN

Instead of fighting over which mode of travel to invest in, we need to recognize that we all want the freedom to choose how we get around



**KIMBERLY JONES** 

I'm not just a pedestrian. I'm a person walking, a person riding transit and sometimes a person travelling in a vehicle.

Many people in Calgary are the same. We're people getting around our city in whichever way makes sense for us, and that choice is one of our greatest freedoms.

Unfortunately, our city has been designed primarily with automobile travel in mind, limiting people's options for getting around.

We need a transportation system that works for all modes of travel at all locations in the city. A complete system that allows for choice in transportation will lead to better economic and environmental outcomes - not to mention the increase in citizen mobility and freedom.

I'm not able to drive due to a condition that limits my peripheral vision. Thus, I've been forced to think about mobility in Calgary in a different way than others.

On a typical day, I may take the bus to work in the morning, walk to a restaurant for lunch, take the C-Train home and take a taxi or a car-share to go for dinner with my boyfriend.

The different transportation modes not only allow me to get where I'm going but they also help me interact with my city differently.

Seeing Macleod Trail at high speed from a car and seeing it by foot are two very different experiences.

Wandering through downtown on foot gives you a chance to see businesses, parks and public art that you would never notice

DO YOU HAVE A TRANSIT IDEA? Shoot us an email: calgary@metronews.ca

from a car. And seeing fellow citizens interact on a C-Train teaches me a lot about co-operation and community that I wouldn't get from solo travel.

Ultimately, not being tied to one particular transportation mode allows me to make the choice that makes the most sense for the trip. I've had to make certain choices about where I live and work in order to have these options, though.

We have to understand that investment in walking, transit and bicycling is good for those who also have the opportunity to

Because every person who decides to take a trip by walking, bicycling or taking transit has taken a car off the road, leading to less congestion and frustration for the

In Calgary, we must get beyond fighting over which mode of travel to invest in and understand that we're all people going about our daily lives, who need the opportunity and freedom to choose how we get around.

The role of our local government is to try to create a complete, multi-modal transportation system to accommodate us

Kimberly Jones has lived in Calgary for 35 years. She is a transportation advocate, particularly interested in walking and public transit, and studies urban issues and planning.



Transportation options for all - no matter where in Calgary you live - are critical for a happy, healthy and mobile

# All citizens, including Fahmy, should have Canada's protection



Canadian journalist Mohamed Fahmy sits trapped in Cairo limbo awaiting retrial next week on trumped-up charges he spread "false news" supporting Egypt's outlawed Muslim Brotherhood.

Meanwhile, his Australian colleague, Peter Greste — who was convicted with Fahmy on the same charges last year — is home in Brisbane after being released Feb. 1 from what he calls the "near-death experience" of an Egyptian prison.

Why the difference? The Harper government. So suggests Fahmy himself.

Australia's prime minister, Fahmy told the CBC, spoke directly with Egyptian president Abdel el-Sissi on three occasions, pressing for Greste's release. Harper has refused to confirm whether he's spoken to el-Sissi even once. "We should have a prime minister calling Sis-

# Not sticking up for Canadians

It's not the first time the Harper government — advancing ideological agendas, or simply demonstrating diplomatic deafness — has left Canadians to the un-tender mercies of foreign governments.

si over the phone," Fahmy said.

Worse, he added, recently resigned Foreign Affairs Minister John Baird played his usual bull-inside-the-diplomatic-china-shop role, insisting publicly during a visit to Cairo last month Fahmy would not face a new trial or further punishment in Canada if released.

But that was exactly the "diplomatic cover" el-Sissi needed to justify releasing Fahmy. So, instead of following Greste out freedom's door, Fahmy now faces even more

It's not the first time the Harper government — advancing ideological agendas, or simply demonstrating diplomatic deafness has left Canadians to the un-tender mercies of foreign governments.

Ottawa only reluctantly repatriated Canadian-born child soldier Omar Khadr — the last Western prisoner at the notorious Guantanamo detention camp — after our Supreme Court ruled this country had a "duty to protect" Khadr, whose charter rights were violated. The courts also had to force Ottawa to allow Abousfian Abdelrazik — a Sudanese-born Canadian who'd been cleared of allegations he supported al-Qaida — to return to Canada in 2009. And even though as transport minster John Baird championed the innocence of Bashir Makhtal, a Canadian sentenced to life in prison in Ethiopia for belonging to a terrorist organization, he did little as foreign minister to free him.

Why not? As Makhtal notes, his cousin "is

**DO YOU HAVE A COLUMN IDEA?**What do you want to see on this page? readers@metronews.ca

a Muslim-Canadian black man sitting in prison. I hate to admit this, but this is the reality."

So, too, is the reality Canada has chosen human-rights-violating Ethiopia as a "country of focus" for our international aid. Or that we support repressive Egypt on its "aspirational journey to democracy.

Last week, Canada changed foreign ministers. Now we need to change foreign policy. All Canadians, including Mohamed Fahmy, deserve to know their country will support them when they need it most.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and

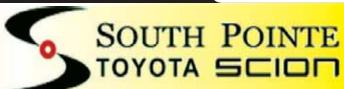


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# The Academy Awards set to be a sonic affair

**Preview.** Oscar show looks more like the Grammys with a number of big musical acts performing

Lady Gaga. Jennifer Hudson. Common and John Legend. Adam Levine. Rita Ora. Tegan & Sara. Tim McGraw.

This isn't the lineup for an upcoming pop concert, but rather for Sunday's Academy Awards.

"We want to entertain," said Neil Meron, producing his third consecutive Oscar ceremony with Craig Zadan. "And there's no better entertainment than to do it with music"

Host Neil Patrick Harris will perform an original song by the Oscar-winning writers behind Let It Go, the producers said. Called Moving Pictures, the musical number will set a "subliminal theme" for the evening Meron said

for the evening, Meron said.

"It really is celebratory about movies and yet it's kind of cheeky in a way," he said.
"But yet it has a beautiful musical motif which ... we integrate throughout the show as kind of a call-back theme."

Added Zadan: "We didn't want to do a musical number that could have been on the Tonys, or anywhere else for that matter."

"It's a multimedia musical number," he said, "something that we've not done before."

Music is part of the production pair's professional DNA, though. Meron and Zadan produced the The Sound of Music and Peter Pan live TV specials, as well as the movie musicals Hairspray and Chicago, which won the



best picture Oscar in 2003.

The producers said they started booking musical acts even before they learned the year's nominees. But they were delighted with the nominated original songs.

"We were smiled upon in that respect," Meron said.

A spate of stars will bring those songs to life on the Oscar stage.

Common and Legend are set to perform their song, Glory, from Selma. Levine will sing Lost Stars from Begin Again. Ora will take on Diane Warren's song from Beyond the Lights, Grateful. Tegan & Sara will join with The Lonely Island for The Lego Movie song, Everything is Awesome. McGraw will perform Glen Campbell's song I'm Not Gonna Miss You, from the documentary about his struggle with Alzheimer's, Glen Campbell... I'll Be Me.

The producers wouldn't say what Hudson, Gaga and other entertainers, including Jack Black and Anna Kendrick, will sing.

THE ASSOCIATED PRESS

### Fashion Week

# Pregnant Coco Rocha glows in NYC

Coco Rocha's baby bump has caught up with the limelight and the proud supermodel mama couldn't be happier.

The Canadian redheaded beauty is attending multiple shows at this year's New York Fashion Week, posing for cameras and chatting about her spring arrival — a girl.

"I'm not hiding. I'm so excited. It took a while for the bump to show so now that it's showing, it's been fun," a beaming Rocha said.

THE ASSOCIATED PRESS



### Gossip

# Nicki Minaj and Meek Mill caught canoodling

Nicki Minaj and rapper Meek Mill were spotted sitting together courtside during the NBA All-Star game Saturday Night at Barclay's Center in Brooklyn, and again during the All-Star game at Madison Square Garden.

Are they dating? We can't say for sure, but, by the look on their faces, they look like they were having themselves a good ol' time. Love was definitely in the air.

LENYON WHITAKER/METRO
IN NEW YORK

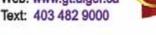
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metr⊕ **MUSIC** 

# All they could do was say Geronimo

New album. Aussie band Sheppard took a leap of faith and it's paying off in big ways

# LAURENCE

It may seem like Australian band Sheppard came out of nowhere with their massive hit Geronimo (which has been in the Top 20 in over 20 countries and streamed more than 85 million times on Spotify), but in actuality, it's been quite a long haul.

"We wrote Geronimo a year-and-a-half ago now," band member George Sheppard tells us.

"It had its own legs in Australia and Europe, and now the U.S. is finally coming on board. It definitely doesn't feel like it came out of nowhere

We caught up with Sheppard to talk more about the band's album, Bombs Away, (out March 10) and their



North American tour — some stops will also feature Meghan

### Big risks, big payoffs

Geronimo is about taking a risk in a relationship by start-

ing things up again with an ex, but Sheppard says it has an underlying theme of not being afraid to take chances.

Without risks, there's no reward, so make that leap of faith," he says. This has been somewhat of a theme for the six band members. "Being in a band in itself is taking a risk," Sheppard says. "There are no guarantees or a safety net. It's pretty risky, but we did it anyway." For his part, Sheppard never really had a plan B. "I cannot explain to you how much I loathed being at university," he says. "(The thought of) four more years of assignments and exams got me really depressed and I just couldn't handle it."

Instead, he, and the other five members of the band two of whom are his sisters decided to pursue music full

### Learning on the road

For his part, Sheppard has never looked back. "(Pursuing music) has given me the opportunity to truly express myself, see the world and meet all sorts of different people who are at the top of their field," he says.

"Sitting in the classroom and reading lines of text, you can only learn so much, but it's when you get out there in the world and really experience it for yourself that's the real classroom. And that applies to any vocation.'

### Happy sad songs

That said, the next lessons the band will learn will be on the road with tour buddy Meghan

Like Trainor, the band is known for their playful, upbeat songs, but don't be fooled by the ever-present happy melodies, some of the lyrics off the new album are actually quite sad. "We wrote a song called Let Me Down Easy, which kind of started that juxtaposition of lyrics and music. We found it interesting, but didn't really think of a conscious decision to do that. But that seems to be what happens," Sheppard

Whether they're singing about breakups or new relationships, it's still bound to be one heck of a party.

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metronews.ca Tuesday, February 17, 2015

Music

# Finding Bono



SOUND CHECK Alan Cross scene@metronews.ca

The man behind the counter at an Irish tourist office in central Dublin gave me a puzzled look.

"A what now walk?"

"A U2 walk. A guided tour of the U2 sites of Dublin."

He paused, looking even more confused. "Why wouldja wanna do that?"

So began my search for U2. You can walk all over Dublin for days without seeing anything that indicates the world's biggest band lives here. Sure, you can find the odd artifact. One of the Trabants used in the lighting rig for the ZooTV tour is hanging upside down in the Hard Rock Cafe. There's the graffiti on the exterior walls of U2's Windmill Lane Studios. And if you look hard in the tiny shops off Grafton Street, you might find a caricature portrait of the band selling for a couple of euros.

The band barely exists



in their hometown. Walk onto the grounds on Mount Temple School and the only musical mention in sight is of an Elvis review being staged by the students. The Clarence, the hotel U2 owns in Temple Bar, bears no mark of its famous owners. The only musical thing I could find in the whole place was a miniature statue of Thin Lizzy's Phil Lynott standing next to the whiskey bottles in the Octagon Bar.

Other musicians are proudly celebrated. Rory Gallagher has a street corner named after him, with one of his guitars hanging high on a wall. There's an alley in Temple Bar with giant artistic

renderings of the Pogues, Sinead O'Connor and the aforementioned Lynott.

But U2? Ghosts. Well, almost. You might run across "Bono is a pox" graffiti which appears randomly on walls throughout the Republic, left by people who are unhappy with U2's moves to dodge paying taxes in Ireland.

If you're a fan visiting Dublin and want to see all the U2 landmarks, best do all your homework before you boarding the plane.

I thought about asking Bono about this when I drove up to the gate of his house in the Dublin suburb of Killiney, but he didn't answer the door. Funny, that.

# Murphy goes for grooves, not laughs, with reggae song

Interview. Comedian Eddie Murphy had a hit in 1985 with Party All the Time, 30 years later he's released a new single, Oh Jah Jah

# Why the long wait before you released something new?

I wasn't waiting. I was just recording stuff. I stopped putting stuff out in the '80s because it was like a bunch of actors putting albums out. So I just kept writing my stuff and doing my stuff privately because I had no pressure and no expectations.

# Will there be an upcoming album or collaborations?

I have collaborations with all kinds of different artists over the years. Stuff with B.B. King, I've recorded with Paul McCartney, Snoop, ... Raphael Saadiq. As far as future collaborations, that all has to come together organically. As far as an album coming out, if one of these



tracks jumps off and I get some momentum going, I'll put an album, but I'm not planning an album until I'm sure people want to hear something.

If you were to release a reggae album, would you put it out as Eddie Murphy or would you think of a reggae name? I've got 25 years of stuff on the

I've got 25 years of stuff on the shelf. I could go right now and pick six, seven, eight reggae songs and put out a reggae album. I've had people say, "You should put a record out because it's a good song and if they didn't know it was you, they'd like it under a different name," but, hey, these are my tracks and I'm not hiding behind any of it.

Any upcoming film projects? I just finished a movie. It's not a comedy, though. It's called Cook and it's got a really strong director, the guy that directed Driving Miss Daisy and Tender Mercies, a guy named Bruce Beresford.

# Any plans on returning to standup comedy?

When I was doing standup, it was a 100 comedians, now it's a 100,000 of them. So if I got onstage again, I'd have to be doing something that makes me different from all these other 100,000 comics. My fantasy when I think about live performances is a band playing a half-hour or 40 minutes of music and having the curtains go down then doing an hour of standup comedy. THE ASSOCIATED PRESS



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metronews.ca Tuesday, February 17, 2015 22 LIFE





# you want to run a marathon

**Training.** Now is the time to prepare for major running events happening this spring

EVA

**KIS** Metro News in New York City

Pumped up from watching marathons and thinking you can conquer the course this year?

The can-do attitude is a good start, but you're going to need some guidance not to mention encouragement.

get started, be as To scientific as possible in your training, advises Josh "Speedy" Maio, head coach of the running program at Paragon Sports in Manhat-

"Test, test, test and test again, eliminating as many variables as you can to achieve optimum results," he says.

That includes figuring out what gear, clothing materials and food is for you.

"You'll want to track your eating habits heading into, during and after your long runs so you know exactly what works for you and your body

All that experimenting sport is a science, after all will help get you race-ready in body and mind.

"As you hone everything, this will help you relax a little bit because you know everything you are using and are doing for your race works," Maio says.

"It's amazing what that

'Test, test, test and test again, eliminating as many variables as you can to achieve optimum results."

Josh "Speedy" Maio, running program coach

little bit of stress relief can do for you.

We asked Maio to start the countdown to your training for the big event in

### Three reasons to run with a group

Distraction: "When you are training for a marathon, you can find yourself running a lot of miles alone, and those miles can get very tough. Having people to talk to and distract your brain

from what your body has to do can make those miles just melt away without feeling half as gruelling as they

Focus: "We all have speed, tempo and hill workouts to do during our training cycles, and these are all things we lament having to do. Nobody likes doing them, but having a group to battle through them with makes them much more bearable and, dare I say it, pleasant."

Accountability: "The group keeps you honest. You become 'accountabilibuddies' that motivate, support and push you towards your ul-

### Two ways a specialty running store can help

Expertise: "Running specialists are involved in (your local) running community and can offer advice and recommendations from personal experience.'

The right fit: "Most running footwear is separated into two categories: neutral and stability. Running specialists are trained to help runners determine their gait before they choose the type of running shoes that best fits



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# **Nutri-Bites**

# **Pancakes for** dinner—it's a Shrove thing



**NUTRI-BITES** Theresa Albo DHN, RNCP

Pancake Tuesday! Oh, how I loved it as a kid, and I'm sure my mom did, too what could be easier than pancakes for supper? But why pancakes, and why on Tuesday?

Shrove Tuesday was turned into Pancake Tuesday by the Brits. Shrove comes from the word "shrive" which is a Christian process of presenting oneself for confession, penance and absolution. It is performed on

the day before Lent begins (Ash Wednesday) when some pleasure must be given up for the six-week duration. Originally, that "pleasure" was any form of fat, and so became "Fat Tuesday" or Mardi (Tuesday) Gras (Fat).

And, if you are going to give something up, goes the thinking, you must gorge upon it in advance. So as not to waste, you see. Pancakes use up all the eggs and butter and came to represent this holy day.

The only trick with pancakes is to make sure the batter isn't too thick and don't pour each one too large to flip. Flip once, only when you see bubbles forming on the top, uncooked

Pancakes don't have to be bor-

ing. Here are some new ways to spruce them up:

- Go savoury and spread on some hummus. Then you can slip in a salad.
- Use canned pumpkin and cinnamon in your mix to bump up the vitamin A and fibre. You'll need less sweet stuff on top, too.
- Add nuts to a gluten-free pancake and be super
- Top pancakes with grated parmesan cheese before you flip and make a crispy foundation for fried apples.
- Top wet pancake with crunchy granola and add hemp seeds for more protein before flipping.

# Coconut makes a pancake that's fibre-rich, yet light



# Pancake Tuesday.

Easy, gluten-free protein pancakes stack up to a healthy way to celebrate the day

Coconut flour is not only gluten-free, it is high in fibre and good fat.

Despite its health benefits, you would think it would be dense and heavy like almond flour or others but it is quite light and fluffy.

It does have a vague coconut taste but that can be disguised if you are one of the few who doesn't enjoy that.

My Nutri-Bites column above has ideas on how to dress up simple pancakes.

### **Directions**

- **1.** Whisk egg whites in a blender until they are fluffy and no longer liquid.
- ${f 2.}$  Gently blend in coconut flour on low.
- 3. Whisk whole eggs, milk and cinnamon together and blend into batter.
- **4.** Thin with more milk one tablespoon at a time until it is the consistency of egg nog.
- **5.** Preheat a pan over medium high heat and add coconut oil.
- **6.** Pour batter into pan to create 3- to 4-inch disks and cook

- 2 egg whites
- 1 cup coconut flour
- 3 whole large eggs¼ cup milk (or alternative)
- Pinch cinnamon
- Coconut oil for frying

until you see a few bubbles.

7. Flip once and remove. 8. Continue with remaining batter, wiping pan with coconut oil in between.

THERESA ALBERT IS A FOOD COMMUNICA-TIONS SPECIALIST AND TORONTO PERSON-AL NUTRITIONIST. SHE IS @THERESAAL-BERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

metr⊕ **MONEY** 

# Stores are out to get you all shopped up

**Tighten those purse** strings, Understanding retailers' tricks will keep you from spending more



GAIL VAZ-OXLADE

Sometimes the key to not spending money is understanding just how much you're being manipulated into opening up your wallet.

Did you know that supermarkets and restaurants use slower music to create a relaxed atmosphere? In the supermarket this has the effect of slowing the traffic flow so that you end up shopping for longer and spending more. In a restaurant, you relax, taking more time to eat and drink, hiking your bill.

Your ears aren't the only things being tuned to get you to spend more money. Your nose is another gateway into your

According to the Journal of Consumer Research, in one experiment, the aroma of cookies influenced women to spend more on clothing. Go figure.



Now we're going to have to walk around with clothespins on our noses to get out of the store with our budgets intact.

### The compromise effect

And for all you comparison shoppers out there, retailers know how to pull your strings

Marketers know that we shrink from buying either the highest- or lowest-priced stuff. We default to the price in the middle. This is called the "compromise effect," and it's a major predictor of how we buy. Companies rely on it to increase sales of their most profitable

That's why the salesperson at the store steers you toward the most expensive options first. They know you're not going to buy them, but they want to establish what "high" is so you feel comfortable with their next offering which is more "in the middle.'

Don't even get me started with "free" or "BOGO." Almost no one can resist the word

Even when you're encouraged to spend extra money – "Buy \$50 worth of stuff and get this thing you didn't really want or need for free" — the carrot being dangled is so per-

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TRAINING NEEDS

suasive that the free-with-purchase moves you to dig deeper into your wallet. And Buy-One-Get-One has become synonymous with free even when it isn't.

Now retailers offer BOGO-athalf-price, (just 25 per cent off), and we rush to make the deal.

### **Turns out shopping** is a two-stage process

Ever notice how sometimes when you go shopping for one thing, you end up bringing home four or five other things? How many times have you heard, "I only came in for ..." at the checkout?

Stage 1: People deliberate about a purchase, weighing cost and benefits, the degree to which they need the item, and

Stage 2: Once the deliberation is over and the buying begins, a subtle psychological mechanism comes into play and a roller coaster of shopping can begin.

That first buy creates what the researchers call "shopping momentum."

Most people don't have a clue that this is happening to them. Outside stores, people think rationally. Inside stores, we're triggered to shop more by the sheer act of shopping. That's why smart stores put momentum starters at the front of the store: You know, those small items it's easy to pick up, which don't require a lot of deliberation and are relatively inexpensive.

Those little buys get you on a shopping roll. It's also why smart retailers use products they sell at a deep discount to get you into the store.

### Can you overcome shopping momentum?

You betcha. When you open two separate wallets, envelopes or other containers for your money, you're more likely to think twice before jumping on the shopping bandwagon.

So put the cash you intend to spend into separate envelopes, and write your list on the front, before heading off to the store. You're less likely to dip back into your wallet for impulse purchases.

If you know the stuff layered around the cash register is designed to encourage impulse purchases, you'll know enough not to touch the stuff. And if you know your senses can be turned against you, you'll always shop with a list so you stay on track.

Stanford University did some studies about how shopping can lead to more shopping. It seems that buying that fateful first item sets you on a shopping track that can end with you spending far more than you planned.

- In an experiment, people were given the opportunity to buy discounted items from the researchers as compensation for their participation in the study.
- Some people were offered a light bulb; others received something more relevant to their needs like an educational CD. This was to vary how likely people were to buy the first item.
- It came as no surprise that people who were offered a light bulb were less likely to buy it than those offered the CD. Then folks had the chance to buy a second item: a keychain.
- The people who bought the CD — something they wanted — were more likely to buy the keychain even though the second item was completely unrelated to the first.

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# Canadiens shut out Red Wings

Tomas Plekanec snapped a scoreless tie with 2:30 remaining and Carey Price made 25 saves in his fifth shutout of the season, propelling the Montreal Canadiens to a 2-0 victory over the Detroit Red Wings on Monday night.

Plekanec's slap shot got past Jimmy Howard for his 17th goal of the season. Max Pacioretty, who assisted on the first goal, added an empty-netter in the closing seconds.

Howard, making his second start since missing five weeks with a groin injury, stopped 27 shots as the Red Wings dropped their third straight. They have lost all three games against the Canadiens this season. THE ASSOCIATED PRESS

# Sens sign Methot to a four-year contract extension

After lengthy and sometimes ugly contract negotiations, the Ottawa Senators and hometown defenceman Marc Methot have finally reached common ground.

The Senators announced Monday that Methot has signed a \$19.6-million US, fouryear contract extension with the team. Methot will count \$4.9 million against the salary cap through the 2018-19 season.

Methot has appeared in just 17 games during an injury-plagued season and has five assists.

In 414 NHL games, the Ottawa native has 15 goals and 75 assists. THE CANADIAN PRESS





# Slumping **Bruins visit** Saddledome for date with **Flames**

Bruins defenceman Zdeno Chara checks the Flames' Paul Byron on Monday night at the Scotiabank Saddledome. The Bruins entered the match losers of their last three. while the Flames were coming off of a 3-2 win over the Canucks on Saturday night. For the story, go to metronews.ca. IEFF MCINTOSH/THE CANADIAN PRESS

# Wheeler steers Jets past Oilers in SO

NHL. Veteran winger scores the only goal of tiebreaker

Blake Wheeler scored the only goal in the shootout as the Winnipeg Jets defeated the Edmonton Oilers 5-4 on Monday.

Wheeler scored on the first shot of the tiebreaker, causing goalie Viktor Fasth to stretch out and injure himself. He left the ice and was replaced by Richard Bachman.

Michael Hutchinson

stopped 18 shots in the victory and has won all four shootouts he's been in this season.

Fasth made 41 saves through regulation and over-

Bryan Little scored a pair

of goals and added an assist for Winnipeg, which improved its record to 30-19-10 and 4-1-0 in its past five games. Andrew Ladd also had a goal and defenceman Tyler Myers scored his first as a Jet after being acquired in a trade last week with Buffalo. Toby Enstrom and Wheeler each had a pair of assists.

Edmonton (16-32-10) got a pair of goals from Nail Yakupov and Anton Lander. Ryan Nugent-Hopkins also scored as the Oilers finished their six-game road trip 2-3-1.

Winnipeg outshot the Oilers 46-22 through regulation and overtime.

Edmonton winger Luke Gazdic left the game in the second period when Jets defenceman Dustin Byfuglien checked him hard on his left shoulder and his face hit the

Jets forward Drew Stafford, also acquired in the trade with Buffalo, left the game in the third with an upper-body

Winnipeg starts a twogame road trip Thursday in Washington. The Oilers begin three-game homestand against Boston on Wednesday. THE CANADIAN PRESS





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Tuesday, February 17, 2015

# Wiggins proving his worth in the NBA

# All-star weekend.

Canadian rookie voted MVP in the Rising Stars Challenge game

Andrew Wiggins never got the opportunity to suit up with LeBron James and the Cleveland Cavaliers, the team that selected him first overall in last

year's NBA draft. He was traded to Minnesota before his rookie season even started.

But he's never looked back. Had he stayed on Cleveland's star-studded roster, Wiggins knows he wouldn't be getting the same opportunities he's had with Minnesota, where he has quickly proven he has what it takes to be a future superstar in the league.

"There I would have been

### Quoted

# "I think it was the best move for me."

Andrew Wiggins, on going to Minnesota

more of a role player," he said. "Here I'm getting more time to shine."

Wiggins' game has been steadily improving with each NBA month. He's been especially successful in 2015, averaging 19.8 points, 4.6 rebounds and 2.5 assists per game.

He wasn't an all-star on the weekend but he did make his mark in the Rising Stars Challenge at Barclays Center, scoring 22 points to lead Team World to a 121-112 victory over Team U.S.A. and being named the game's MVP. He also wowed the crowd by throwing down a few dunks. THE ASSOCIATED PRESS



### Yankees

# Tanaka in early spring practice

New York Yankees pitcher Masahiro Tanaka is set to start workouts ahead of spring training.

Yankees pitching coach Larry Rothschild said Tanaka was scheduled to arrive in Florida on Monday night from Japan. Tanaka missed 2-1/2 months last year while rehabilitating a partially torn ulnar collateral ligament in his right elbow.

THE ASSOCIATED PRESS

### Three-time all-star

# Pettitte's No. 46 to be retired

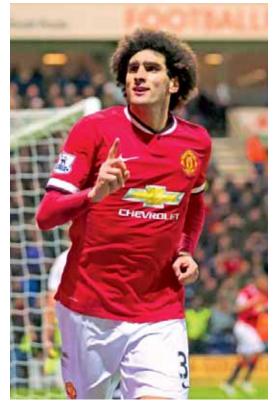
The New York Yankees plan to honour Andy Pettitte this summer by retiring his No. 46 and giving the pitcher a plaque in Monument Park, a source has confirmed.

Pettitte's son, Josh, posted the news on Twitter earlier Sunday and said Andy Pettitte day at Yankee Stadium will be Aug. 23, when New York plays the Cleveland Indians. THE ASSOCIATED PRESS



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# No surprises for Man United

Preston held a 1-0 home lead over Manchester United up until the 65th when Ander Herrera tied the game for the Red Devils. Marouane Fellaini, pictured, scored the second, and Wayne Rooney scored the last in the 3-1 win that puts Man United in the FA Cup quarter-finals.





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### **PLAY**

27

# AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



### Horoscopes by Sally Brompton

# ↑ Aries

March 21 - April 20

Remind yourself that what you are anxious about exists solely in your mind and cannot affect you in the world at large.

# **Taurus** April 21 - May 21

There are times when it pays to be blunt and this is one of them. Others won't mind what kind of language you use today so long as they understand where you are coming from.

# ∐ Gemini

May 22 - June 21

You will need to keep a cool head today because something is going to happen that has others running in all directions and getting nowhere fast.

# **9** Cancer

June 22 - July 23

Ignore your critics. The only mistake you made was letting them know what you were planning. Next time keep it to yourself. You can live without their feedback.

# **Ω** Leo

July 24 - Aug. 23

Even if you are a bit short cash-wise at the moment the planets indicate you will make good your losses over the next few weeks.

# **M** Virgo

Aug. 24 - Sept. 23 Someone you love will do

something today that makes you realize there is a lot about them you still don't understand. Is that such a bad thing? It keeps your relationship interesting.

# 📤 Libra

Sept. 24 - Oct. 23

The Sun is about to move into the most hard-working area of your chart but that does not mean you have to do everything yourself. Spread the load over the next few days.

# **M** Scorpio Oct. 24 - Nov. 22

When dealing with people whose motives you are not entirely sure about, make certain what they say and do can't hurt you.

# **プ** Sagittarius Nov. 23 - Dec. 21

Minor disagreements could get out of hand today, so promise yourself now that no matter what the provocation might be you won't rise to the bait.

# り Capricorn

Dec. 22 - Jan. 20

You can blame other people for what has gone wrong but wouldn't it be more honest to look at your own performance

# **⋄** Aquarius

Jan. 21 - Feb. 19

It's up to you what you do with your cash, of course, but surely you can find something better to spend it on, something that brings long-term benefits to you and yours.

# H Pisces

Feb. 20 - March 20

The Sun's move into your sign tomorrow will bring new challenges and new opportunities. Today, rest while you can.

# Crossword: Canada Across and Down by Kelly Ann Buchanan

32

37

40

50

52

60

63

### Across

1. Saskatchewan village an hour north of Saskatoon

6. Annul 11. Li'l loudness 14. There \_\_\_\_

'Team'

15. Stage 16. Fuss

17. " the Moon" (1999) starring Jim Carrev

18. Raring to go 19. Society pages

word 20. Academic stretches

22. Accolades 24. Bluegrass song about Tennessee: 2

wds. 28. Compares to 29. "All \_\_!" (Con-

ductor's call) 30. "Oh My Darling Clementine" bit: "... dwelt \_\_\_ forty-niner..."

32. Le \_\_ d'Arthur (King Arthur work by Sir Thomas Malory)

33. Chills

34. Dyson, e.g. 37. Ink implements 38. Female red deer

[pl.] 39. Shakespearean

verb 40. Compass pt. 41. Divulges

42. Canadian actor Colm 43. Respite

45. Things growing in Quebec forests 46. Invented-in-Canada baby cereal 48. \_\_ de soleil (Sun-

44 43

53

61

64

glasses, in French) - -sac

50. Some seals 51. 52. 'I love', in Latin 53. Country singer Travis

55. Old Testament figure

33

51

60. Prefix to 'political' 61. Poly's materialistic friend? 62. Music genre,

Contemporary 63. Western CFL-er,

64. Mikhail Gorbachev's late wife

### 65. Dependent **Down**

1. Boundary, briefly 2. Conductor,

62

65

45

-Pekka Salonen 3. Heart singer Ms. Wilson 4. Jack of "Barney

Miller" 5. Wings' bagpipes hit: "Mull of

6. 'Dum spiro, \_\_' = 'While I breathe, I hope' in Latin 7. Bubbly glasses: 2 wds.

35

8. \_\_ to riches 9. Peer Gynt's mother 10. "Blue Suede Shoes" by Carl 11. Toronto-born actress Laura \_\_ of

"Bitten" on Space 12. Ancient theatre

13. Windblown silt deposit 21. Flight-leaving info

23. What Tiny Tim played, commonly

24. Highway exits 25. Some woodwinds

26. Newfoundland

city: 2 wds. 27. Kit \_\_ (Some

chocolate treats) 28. Untruths

31. Mires 33. River of northern England

35. Bruce Cockburn's "If \_ \_ Falls" 36. Game with

Knights 38. Corey of "The Lost Boys" (1987)

39. Money owed 41. Boisterously boast

42. Actor/narrator Morgan

44. Rock supergr. 45. Certain conjunc-

tion 46. Suffix meaning 'a thing that devours'

47. Actor, Willie 49. Prefix to 'violet'

51. NY Mets ballpark, Field 54. Cape Town's

home [acronym] 56. Provincial song: to Newfound-

land" 57. Litigate

58. Long ago time 59. Pen

# Friday's Crossword

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See today's answers at metronews.ca/answers



# Conceptis Sudoku by D

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

# 3 8 5 6 9 7 1 2 4

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2	4	6	1	3	8	5	9	7
7	9	1	2	4	5	6	3	8
6	1	2	4	8	9	7	5	3
4	7	3	5	1	2	9	8	6
8	5	9	7	6	3	2	4	1
5	2	4	3	7	1	8	6	9
9	3	7	8	5	6	4	1	2
1	6	8	9	2	4	3	7	5

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3								

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